



# Parenting teenagers top tips

As the parent of a teenager it's important to remember that teenagers are experiencing feelings of confusion, uncertainty and anxiety just like adults. You may find that your teenager reacts to the current situation by either becoming more withdrawn or by pushing the boundaries.

## Your role as a parent

It is normal and necessary for your teenager to become more independent. As your child reaches adolescence your role changes from being primarily concerned with nurturing and protecting them to providing support and guidance. In this unprecedented situation it is important to maintain the Authoritative Parenting Style and good communication with your teenager as this will enable you to provide clear guidelines and reassurance to your teenager.

## Rules

Teenagers still need structure and clear rules and most teenagers accept and observe rules when they are involved in negotiating what these should be. With rules being stipulated by government to help manage the spread of COVID-19 it is vital that parents take time to talk to their teenager about why these rules are in place. Listen to your teenagers opinions on the rules but explain that in this situation there is no choice as the rules need to be followed and discuss how they can make a difference by observing them.

## Consequences

Teenagers live in the here and now. Often acting with their heart rather than their head and it can be difficult for teenagers to accept that their actions can affect others. Have a conversation with your teenager explaining that all actions, positive or negative, have a consequence and how making negative choices can have adverse consequences on future choices in life. Negotiate reasonable consequences with your teenager for when rules are broken.

## Supervision

While your teenager is staying at home it is still important that you, as the parent, knows what they are doing and who they are engaging with through technology. Encourage your teenager to share space with the rest of the family especially if they are engaging on line. Authoritative parenting allows the young person to develop independence while talking with them about dangers, offering advice and agreeing rules for their safety. Let your teenager know they can share any concerns with you even if it's around a site you have previously agreed they will not access.





# Parenting teenagers top tips

As the parent of a teenager it's important to remember that teenagers are experiencing feelings of confusion, uncertainty and anxiety just like adults. You may find that your teenager reacts to the current situation by either becoming more withdrawn or by pushing the boundaries.

## Compromise

You may currently have rules about the use of mobile phones or social media. Consider if this is something you can relax on while your teenager is stuck at home. Your teenagers friends are important to them and many teenagers will be anxious about not being able to see their peers or staying part of a group. Talk through some ground rules with your teenager such as the amount of time, when and where they use their devices to maintain these important relationships. It's also a good idea to agree that everyone in the family leaves their mobile downstairs for charging at night.

## Education

Your teenager may act as though they are glad to be out of school but the reality is very different. Many teenagers share concerns about the long term effect not being in school may have on their future. Encourage your child to mix the work set by their teachers with online resources and media learning. Provide a quiet space where they can set up a work station or if space is limited or there are other children in the family agree a rota on when they can use the designated space. Listen to your teenager's concerns and reassure them you are there to support them with their learning. Point out the positive skills they are developing such as organisation and motivation.

## Anxiety

Teenagers are naturally anxious about their place on the world, their appearance and their relationship with friends. You may find your teenager appears more anxious than usual during the current situation. Teenagers need their parents to act as advocates for them and to provide a role model in managing conflict and handling anxiety. Encourage your teenager to talk about how they feel, share their concerns and model positive ways of coping with anxiety.

## Positive mindset

Many teenagers want to see positive changes in the world and to contribute to society. Focus and talk about the inspiring responses to the current pandemic, how society has come together, the benefits to family life and how these changes can be maintained and built upon to improve our future.

POSITIVE  
VIBES

